Calcium Concentration

Objective:

- · Students will identify foods containing calcium.
- Students will identify which calcium-rich foods to choose more often.

Materials Needed:

- Notecards for concentration game, 20 cards per group of two students. Half a note card works well.
- Paper plate 4 cup
- Pencil and paper
- Marker
- MyPlate poster
- · Included in the lessons:
 - Picture of Power Panter
 - Picture of Slurp



Note to educator: Review USDA guidelines for the dairy group by exploring MyPlate at www.chooseMyPlate.gov.

Lesson Introduction:

- 1. Begin the lesson by brainstorming a list of foods containing calcium.
- 2. Narrow the list on the board to about ten foods divided into two groups: those that should be eaten more often and those that should be eaten less often. Examples of higher-calcium diary products

White milk Cheddar cheese
Flavored milk Swiss cheese
Yogurt Mozzarella cheese

American cheese

Examples of dairy products that are lower in calcium or contain added sugars (desserts):

Pudding Frozen yogurt
Milk shake Ice cream

Cottage cheese

*Educator note: Choose fat-free or low-fat (1%) milk, yogurt and cheese most often. If sweetened dairy products are chosen, the added sugars count as part of the discretionary calorie allowance.

3. Have students each take ten cards and write one food listed on the board per card. Make sure all cards are the same color for the Concentration activity to be fair. This is something you can have done for them before class, if desired. If not, it is a good way for students to practice writing as well as become more familiar with spelling and foods that contain calcium.

Activity:

- Pair students and have them mix their cards.
 Students then set up their combined deck in rows to play Concentration. Remind students as they draw the two cards, to say the names of the dairy products to practice their reading skills.
- 2. Introduce Slurp and Power Panther to the class. Explain that Uncle Power Panther tries to choose healthy food options most often and is physically active every day. Uncle Power Panther is helping Slurp choose healthier dairy foods for snacks and meals. He wants to choose foods that are high in calcium and low in fat and added sugar.

Continued on back

- To help Slurp choose healthier milk options, review MyPlate. Show the class how the foods on the plate are proportional and talk to them about foods that should be chosen more often. What foods should be chosen less often (refer to guide lines at www.chooseMyPlate.gov, search empty calories).
- Provide a paper plate and cup then place the foods appropriately according to MyPlate. Have them put their food cards on the paper according to where they would fit on MyPlate.

Apply:

- 1. As a class, discuss which food Slurp should choose more often (higher calcium; lower in fat, sugar and salt).
- **2.** Discuss why choosing healthier dairy products is important for their bodies and health.

Activity Extension:

Language Arts: Have students journal about one of the foods discussed in the *Concentration* game that they ate/drank today and what dairy products they plan to have during the rest of the day. Students could also write about their favorite dairy product.

Math: Create a pictograph displaying the class choices. Have students vote whether their favorite foods are foods Power Panther might choose. Display

SECOND GRADE • LESSON 2



